



**“I lost interest in doing things
with the kids...going to the
movies, things that families do.”**

—Rene Ruballo, Police Officer

Real Men. Real Depression.

“They would ask their mother, ‘Why is Daddy not getting up?’ They didn’t do anything to me. I just didn’t want to do anything. I’m thinking there’s got to be something wrong because I’m waking up and going, but I feel like nothing matters.”

Depression is a real disease that can be successfully treated. For information, call 1-866-227-6464, visit www.nimh.nih.gov, or contact your health care provider.

It takes courage to ask for help. Rene did.



NIMH
National Institute
of Mental Health

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